



COSTELLO SENIOR CENTER

PHONE #/ NUMERO DE TELEFONO: (213) 485-9143



April, May, June

2025 SPRING SCHEDULE

Abril, Mayo, Junio

Time/ Tiempo	Monday/ Lunes	Tuesday/ Martes	Wednesday/ Miercoles	Thursday/ Jueves	Friday/ Viernes
9:00AM-10:00AM	EJERCICIO PARA ARTRITIS 	YOGA \$1 	AEROBICS \$1 	YOGA \$1 	EJERCICIO PARA ARTRITIS 
10:00AM-11:00AM	AEROBICS \$1 	BINGO  Comienza 10:30a.m.	BINGO  Comienza 10:30a.m.	EMBROIDARY & KNITTING 	BINGO  Comienza 10:30a.m.
11:00AM-12:00PM	LUNCH / Almuerzo 	LUNCH / Almuerzo 	LUNCH / Almuerzo 	LUNCH / Almuerzo 	LUNCH / Almuerzo 
12:00PM-1:00PM	Loteria  Comienza 12:30p.m.	BINGO  Termina 12:30p.m.	BINGO  Termina 12:30p.m.	Informative Workshops 	BINGO  Termina 12:30p.m.
1:00PM-2:00PM	Loteria  Termina 1:30p.m.	Mental Health/ Salud Mental 	Seniors helping seniors BEGINS @1:30 PM 	Loteria  Comienza 1:30p.m.	AEROBICS \$1 
2:00PM-3:00PM	Tea & Paint \$1 	Loteria  Comienza 2:30p.m.	Seniors helping seniors Ends @ 2:30PM 	Loteria  Termina 2:30p.m.	Loteria  Comienza 2:30p.m.
3:00PM-4:00PM	Smart Phone & Tech Support 	Loteria  Termina 3:30p.m.	Loteria  Comienza 3:30p.m.	EDIBLE CRAFTS  LUNCH!	Loteria  Termina 3:30p.m.
4:00PM-5:00PM	YOGA \$1 	Friendly Card Games 	Loteria  Termina 4:30p.m.	Friendly Card Games 	Art Therapy 



\$5
Monthly
Required for
Membership

\$5
Mensual
requerida
Para
membresía

Low cost
\$1 classes

Clases de
bajo costo
\$1

* SUBJECT
TO CHANGE
WITHOUT
NOTICE*
SUJETO A
CAMBIOS
SIN
PREVIO
AVISO

Spring Classes Start Date 4/07/25- End Date 6/21/25